# Evening World Daily Magazine

## U. S. Army Exercises And First Aid Lessons By PAULINE FURLONG

Published by The Evening World to Help Men and Women Prepare for Any Call to Service.

Congright, 1917, by the Press Publishing Co. (The New York Svening World) FOURTH SET-Leg Exercises Nos. 11 and 12.

Leg Twisting.
EG twisting is shown in figure

11. Assume the "at command" position and on the command "Twist legs outward!" turn the feet outward on the heels as far as possible, and on the command "Legs inward!" twist them back to starting position, rotating inward on the balls of the feet. Repeat this ten times each way. This is a valuable exercise for strengthening weak ankles and arches. Forward Leg Swinging.

Leg swinging is shown in figure 12 to-day. Assume the "at command" Leg Swinging. position and when commanded "Right leg swing!" bring the right leg up as illustrated. On the command "Lower!" return to starting position. Do

"FIRST AID"-Lesson No. 5.

All injuries, both slight and serious, cause more or less shock and this condition must be treated when necessary. While some persons are sensitive to shock, which is a profound de

pression of the nervous system, sometimes called col lapse or prostration, others with more serious injuries are frequently less so, and, of course, the general condition of the nervous system determines the severity of

the same with the left leg.

Highly nervous persons should never be allowed to see their own injuries, especially when bleeding, as this will assuredly increase shock.

It is important not to forget that while shock is extremely common in injuries, other really dangerous conditions may also exist which need first attention, and this is especially true in cases of severe bleeding, which if not stopped may cause the patient to bleed to death.

First aid students must not take shock lightly, and while it is usually speedily recovered from, it may grow worse and even cause death. It is therefore a very important subject in itself and includes a casual study of the nervous system, pulse, &c., so, in subsequent lessons I shall explain about these thoroughly and also tell of symptoms and general treatment for

### Answers to Health and Beauty Questions.

SCALP AND SUNLIGHT—E. F. M.: Too much strong sun will bleach the hair to many different shades, cause eye strain and frequently head-aches. This can do the hair and scalp no real good. Airing and sunning the hair in moderate heat is beneficial, however.

even though the feet are clean and well cared for at all times. You should return the shees to your dealer before they cause more trouble.

CONSTANT HEADACHES AND DIZZINESS—MRS. G. T.: Liver troubles cause this, and the slusgish liver is responsible for most head-sches, tired feeling, fatigue and skin eruptions. Exercise is better any drug, and propes drinking will bring the liver to nor-

MANDS AND FEET SWELL— MRS. K. H.: Kidney trouble, rheu-matism, dropsical tendency and other conditions may cause this. It is not atural and you should consult a doc-

PIMPLES AND BLACKHEADSresult of internal trouble, though most always. Bometimes blackheads result from greasy, unclear attacheads pimples may be the result of infec-

## Good Stories

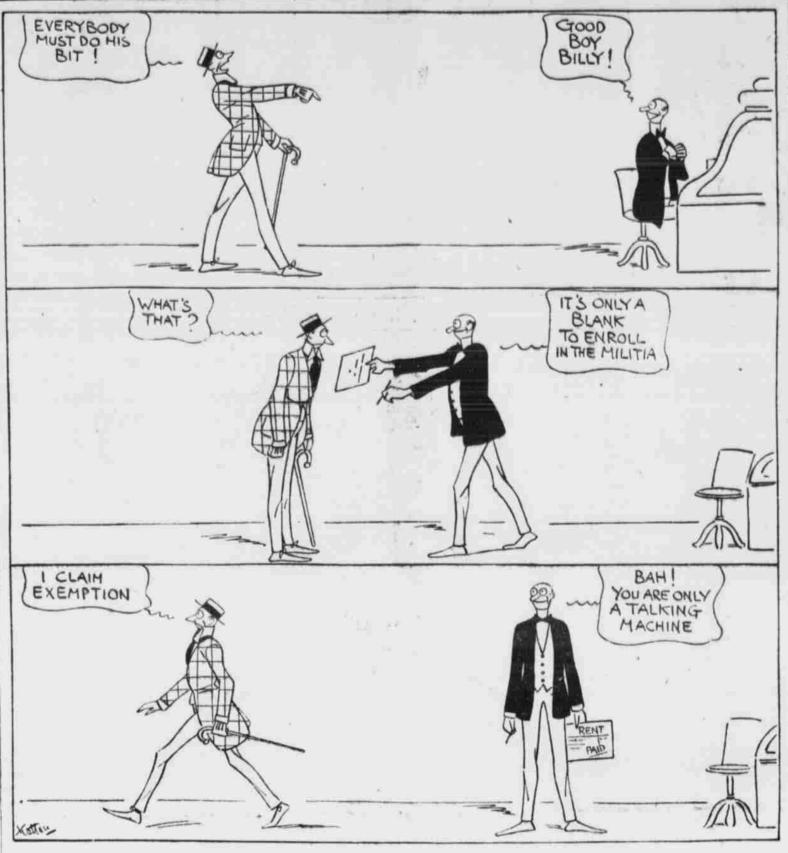
MADE HER BLUSH, TOO.

## THE WAY IT LOOKED

Western rallway a great number of claims were preferred against the company on account of horses and cattle being killed along the line in

'What!' gasped the astonished min-tater. ''Are you so sager to have your mother spank you that you run home

By Maurice Ketten



# Original Designs for The Home Dressmaker

Advice in the Selection of Materials and Styles for All Types Furnished by The Evening World's Expert.

By Mildred Lodewick

Description WOMAN' summer wardrobe is always an trritating probwomen spend their that are consistently hot ar consistently cool from May to October, there are others who journey from one climate to another and need a variety of clothes.

Comfortable fabrics are to be had in abundance, and should be chosen according to one's

Wool jerney in excellent for cool climates and for travelling, but for warm climates pongee. linen, thin alpaca and lawns are the most comfortable. The young girl's

wardrobe should receive just as much consideration as that of a grawn-up, not only as her due, but consideration of the fact that the mother is often judged by the ap-pearance which her daughter presents. I have designed for to day a freek of for to-day a frock of unusually smart and dignified lines, car-ried out in a charm-ingly youthful effect. The dress is a one-ptece model, the platts, which are laid from aboulder to from shoulder

from shoulder to hem, back and front, being confined by a narrow beit held in place at the waist-line by sides of the goods. The broad, pointed collar out in revers fashion in front terminates at the waistline, but the opening continues seven or eight inches below. A colored cording outlines it, and buttons and eyelets give an attractive trimming. This same claboration is given to the cuffs.

If pongee in natural color were used for the entire frock, cherry red for the entire frock, cherry red for the piping would lend a lively touch to it. Linen is also suitable, as well as jersey and other medium weight cotton and woollen fabrics. Being of practical design, this frock would also be pretty if made of ging-would also be ging-would also be



you approve. MRS. M. D. White satin collar,

I have six yards of

brown striped satin like sample which has

would like to make it up so that I could

never been used.

MISS A. H. J.

THE SPY & By James Fenimore Cooper A Story of New York in the Revolution

By Talbot Mundy

Ismail put his hands together and howied through them like a wolf to a sling and a bandage over his to express chargem.

The Pathan nodded and touched his though one extra shout in all that din seemed thrown away.

Ismail seemed obsessed by the spirit of hell let loose—drawn by it, as by a magnet, although subsequent.

The Pathan nodded and touched his knife hit.

"One-and-twenty men from him, counting him as one, sits a man with a big black heard, whose shoulders it of hell let loose—drawn by it, as by a magnet, although subsequent.

The Pathan nodded and touched his knife hit.

"One-and-twenty men from him, let is too full of prote that his headed King's face, and seeing glitter.

"He watched King allowed his facial muscles glitter.

"He watched King's face, and seeing land. is 7" King asked him, with only vague interest on his fac.

"Who knows, when so many men would rather he than kill? Each one who returned swears he slew a hundred. But some did not return.

Wait and watch, say !"

"moonlight, and King stood up.

It is one of the laws of Cocker, who sign, adding three tucks over each shoulder like those in skirt.

Wait and watch, say !"

s he lies he is from Islatamboul stand forth!" cried the crowd.

"There was a prombe regarding my ward."
"Name it, hakim! We will see."

"Snow inem: Snow them: Let guess was sweet.

"Who are his witnesses?"

"Who are his witnesses?"

"Il" shouted Ismail, jumping up.

"Miss A. H.

Small inner; of white net.

King to stab, but paused in the instant that his kilfe sicked clear.
From a swift side-glance at King's
face he changed to a full state, as
face he changed to a full state, as
seed slowly giving place to a grin
as he recognized him.

"Allah!"
He drove the long binde back again,
fulgeting about to make more from
and kicking out at his next neighbor
and who he same end, so that presently
King sat on the rock floor instead of
out other ments hip-bones.

"Well met, hakim! See—the wound
heats finely!"
The dance went on for fifteen
heats finely:
The dance went on for fifteen
multes yet, but then—quite ungshor like has shoulder under
the smelly sheepskin coat, he lifted a
builet the day before. It looked
a builet the day before. It looked
wholesome and ready to heal.

King was staring at the end
The crowd she was staring at the end
The crowd was staring at the end
The c

sitting where she had criered ismall to whisper. King's hands were beindependently, and laughed as if seemshody had struck a silver hell seem and guessed what he had seen that he had worn: for she closed on human hair.

flaunted it at him, moving her arm so (To Be Continued Monday.)

like a lone wolf in the pearl buttons,

think you mean Muhammad Ania its time is not yet."

The suggestion was as good-naturally prompt as if the hakim's need had been water, and the other's flash were empty. He was sorry he could not offer to oblige.

"Who am I that I should want him killed?" King answered with mild his party through the meaque into slay.

"Look! See! Tell me truly what his who returned swears he slew a hundred. But some did not return.

Wait and watch, say !!"

Now a man stood up ace: the edge and where there is life there is opportunity. In that grim minute king felt doubtful; but a man's feelings and in designing a lashes, who had admitted him and his party through the meaque into this party through the meaque into the religion of the area, all alone, strutting and swaggering.

"Look! See! Tell me truly what his who returned as lew a slew a wrote the Secret Service cose, that which is proved dead, and where there is life there is opportunity. In that grim minute king felt doubtful; but a man's feelings and in designing a prove it, and he managed to seem about as much at case as a native until he is proved dead, and where there is life there is opportunity. In that grim minute king felt doubtful; but a man's feelings and in designing a prove it, and he managed to seem about as much at case as a native until he is proved dead, and where there is life there is opportunity. In that grim minute king and in designing a prove it, and he managed to seem the complete of the crowd when the minute king and it the minute king and it the minute king and where there is life there is opportunity. In that grim minute king and white there is opportunity. In that grim minute king and white there is opportunity. In that grim minute king and white there is opportunity. In that grim minute king and white there is opportunity. In that grim minute king and white the minute

"Bull-with-a-beard!" he announced "Muhammad Anim." The mullah as a man might sey, "I gerly between men who were at no many the says he is an Afghan. But unless he les he is from Ishtamboul (Constantinople)."

"There are strangers!" announced howied, and he obeyed, trending ginsmell a rat!" But he did not look at pains to let him by, and silently anybody in particular; he blinked at blossing them, because he was not really in any hurry at all. Yasmini looked tovely from a distance, and life was sweet.

"There are strangers!" announced howied, and he obeyed, trending ginsmell a rat!" But he did not look at pains to let him by, and silently in any hurry at all. Yasmini looked tovely from a distance, and life was sweet.

wenr it next winter. l do not want an ex treme style — just pretty. Am fortyeight years old, have gray hair, light brown eyes and sallow com plexion, MRS, J. W. Collar and vest of white Georgette. Fancy round buttons. Halfinch plaits in waist and skirt.

### The Home Dressmaker's Summer Wardrobe

A New Series of Designs By Mildred Lodewick For the Woman Who Would Prac-

tise Economy by Making Her Own Summer Clothes

In The Evening World Beginning Next Tuesday

THE two women had been to the opera and going home in the

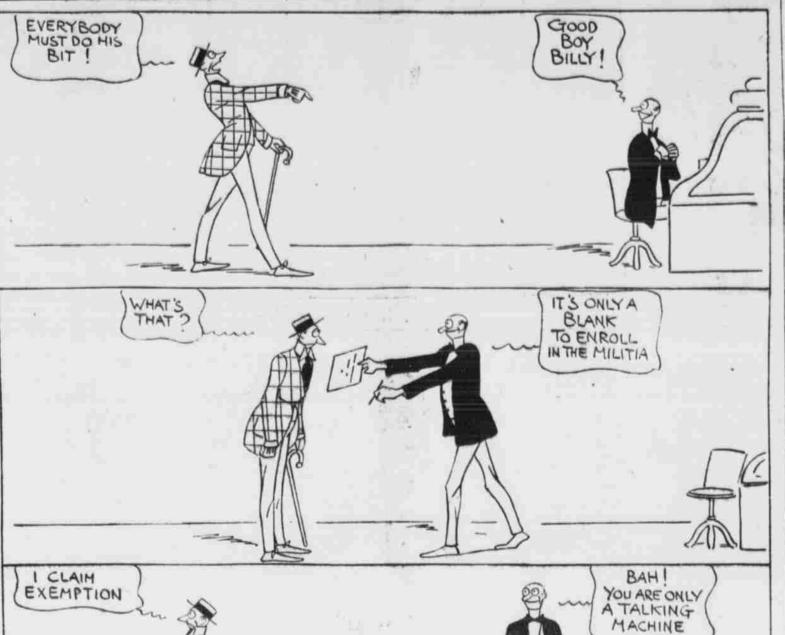
S HORTLY after a new administra-

an fast?"

"No," shouled the bay over his shoulder as he resumed his homeward flight, "but if I don't get there before pa gets home he'll do it!" Topeka pa gets home

Can You Beat It!

Conneight, 1917, by The Free Publishing Co.
(The New York Evening World,



# KING OF THE KHYBER RIFLES

invented for lawless hours and a king-

sic-box resumed its meas-

ured grinding of "The Mar-

selllaise." And a hundred

men began an Afridi sword

dance, than which there is nothing

wilder in all the world. Its like can

HOW ONE MAN SAVED INDIA FOR BRITAIN-THE WAR'S MOST

FASCINATING ROMANCE

CHAPTER XIII. (Continued)

PTER a time that seemed "Marchons! Citoyens!"
The procession began to tramp in time to it, and the rock shook. They appeared. "Come," he deployed to left and right into a space (Continued)

ervening's amusement,

"If think 'Lohengrin' is just splendid!" murmured the lady in the large hat as she handed the conductor a nickel.

"Do you?" asked her friend in the purple velvet, with a superior smile. "If think it's not bad; but I just love 'Carmen."

The conductor blushed all over his plain features.

"Sorry, miss," he murmured, apologetically, "I'm marmed, von night try the motormun, though the sa single man."—Buffalo News.

The WAY IT LOOKED.

appeared. "Come," he deployed to left and right into a space to try to measure it. It was the holow core of a mountain hung with to try to measure it. It was the holow core of a mountain hung with hunge stalactites that danced and how as to see the mysterious woman who had led him such a dance.

"It think it's not bad; but I just love 'Carmen."

The conductor blushed all over his plain features.

"Sorry, miss," he murmured, apologetically, "I'm marmed. You might try the motormun, though which the river ran. but mountain the pace yet faster, and they began after a time to far bridge, and by a lane left to smale by other torches. Then Issmil set the motormun, though: he's a single man."—Buffalo News.

The WAY IT LOOKED.

set the pace yet faster, and they become the last two of a procession of
turbaned men, who tramped along
a winding tunnel into a great mountain's womb.

In one great cave every man beat
Out his torch and tossed it on a heap.
The heap was more than shoulder
thigh, and three parts covered the
there is a ledge above the height of a
man's head on either side of the tunnet, and along the ledge little oilSurring lamps were spaced at measSurring lamps were spaced

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE

Attraction King of the Indian server service is control to suck with a native princess named shall not be increased an unclaimed. The Subsection was him to seem to the hill country but it thought to be local. Hims starts to seem for in Deline to live to these trules a native hill country and had seen north. They follow her to the hill strongers and indicates her in Deline as a continuous as native had not seen north. They follow her to the hill strongers of Stinders and the seed of the hill strongers of Stinders and the seed of the seed of the mission of the seed of the seed of the mission of the seed of the mission of the seed of the had been vacated by a daneer. There—two, where there was only rightly room for one—he thrust himself and King next to some Orakzal Pathana, elbowing savagely to right and left to make room. And patience proved gearce. The instant oaths of any-thing but greeting were like the over-

King to stab, but paused in the in-stant that his knife neked clear. From a swift elds-glance at king's An

only be seen under the shadow of the acti actly opposite three rows back from him where a the frent, counting the front row in the rate hide.

"And you want him killed? Nay, think you mean Muhammad Anim-is time is not yet."

role suggestion was as good-natured wait as felly prompt as if the hakim's need had been water, and the other's flash were empty. He was sorry he could not offer to oblige.

"Who am I that I should want him it. The killed?" King answered with mild improof, "My trade is to heal, not his partial.

Serious and the state is appeared a many personnel and the state of the tune, and along the lines in glurred in the claims frainly became so may merous and the najority so unreason merous and the najority of the na

as Bull-with-a-beard are often almost photographically descriptive. He rose to his feet to look. A blind "Nay Bay art still, thou I can man can talk, but it takes trained eyes to gather information.

Presently King sat down and touched the Pathan's broad shoulder. The man smiled and bent his turbaned head to listen.

"Opposite," mild king, "nearly exactly opposite," mild king, "nearly exactly opposite three rows back from him where a hakim sits than where

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